



319 ABW Fitness



Safety Gram



BE FIT AND SAFE!

Supervisors, brief Fitness Safety prior to the start of your activities!
This includes soccer, flag football, basketball, and any other sport!

Proper training tips!

1. Ensure proper warm up and cool down
2. Perform strengthening exercises with slow, controlled reps
3. Work in a pain free arc of motion
4. Use gradual progression in subsequent workouts in weight, distance, or speed - 10% rule per week
5. If it hurts, don't do it....but that doesn't mean stop doing everything!



Simple but effective way to treat Acute muscle injuries. Use acronym **R.I.C.E.**

R is for **REST**

Stop all activities that cause increase pain or makes the injured area feel worse. It is important to maintain some activity level but as tolerated



I is for **ICE**

Icing the affected area will help control swelling and pain. Ice the injured part by applying a cold pack (wrapped in a towel) 15 to 20 minutes, several times a day for several days, until swelling subsides.



C is for **COMPRESSION**

Compression works by minimizing the volume. Use an elastic compression bandage to wrap the injured part which will limit swelling as well as bleeding.



E is for **ELEVATION**

Keep the swelling down to a minimum. This can be done by keeping the injured part raised (above your heart) for 48 hours to assist the drainage of fluid from the site of injury.



What running shoe is best for you?

Perform a "Wet Test". Do this by wetting the bottom of your feet and place them down on a brown paper bag. Basically, taking an impression of the bottom of your feet. See diagram below. These guidelines aren't "hard and fast" but rather guidelines to help you select the right shoe for you. The most important consideration is "comfort" Do your new running shoes feel good on your feet? It's important to try several pairs of shoes to determine which is right and don't be afraid to walk around the store or jog in place to see if the shoes feel good.



Normal Flat High Arch

Normal = Stability Shoe
 Flat Foot = Motion Control shoe
 High Arch = Cushioned Shoe



This Safety Gram courtesy of your 319h Med Group Physical Therapy Section and Wing Safety



Stay hydrated by drinking plenty of water.



Tips for maintaining a Healthy Back!

Unfortunately, many times you can't reverse the damage you have already done to your spine due to normal wear and tear of performing the mission; however, there are ways to minimize or prevent further damage to your back. Whether you're a Logistics troop carrying and moving deployment gear or are in a job that requires you to sit at a desk all day, if you follow these tips you can maintain a healthier back and life style.

1. Watch your posture. Especially in sitting position.
2. Use good body mechanics when lifting/twisting. Remember to lift with your legs and use your wingman if the object is too heavy.
3. Avoid prolong sitting, get up and move around every hour or so. When sitting, make sure you have a good lumbar support.
4. Maintain good aerobic fitness. Cross training is an excellent way to maintain good aerobic fitness.
5. Remember fitness stabilization exercises for your core to support your spine.



Think Safety...Drive Safely, Ride Safely, Run/Walk Safely

319th Safety Office